

Pre-Presentation Knowledge Assessment

1. The pelvic floor is part of the core:
 True
 False

2. The pelvic floor is made up of:
 - a) The hip bones
 - b) Muscles
 - c) Tendons and ligaments
 - d) A and B
 - e) B and C
 - f) A, B, and C
 - g) None of the above

3. Pelvic pain does not present before the 2nd trimester of pregnancy:
 True False

4. The pelvic floor plays a key role in the following functions:
 - a) Bladder and bowel control
 - b) Supporting the uterus and bladder
 - c) Sexual appreciation
 - d) A and B
 - e) B and C
 - f) A, B, and C
 - g) None of the above

5. Pelvic pain can last for years after delivery
 True False

6. Physical Therapy can help pelvic floor pain in the following ways:
 - a) Medication
 - b) Core Strengthening
 - c) Biofeedback
 - d) A and B
 - e) B and C
 - f) A, B, and C
 - g) None of the above

7. 25% of women experience pelvic pain before or after pregnancy
 True False

Thank you for your participation!

Post-Presentation Knowledge Assessment

1. The pelvic floor is part of the core:
 True
 False

2. The pelvic floor is made up of:
 - a) The hip bones
 - b) Muscles
 - c) Tendons and ligaments
 - d) A and B
 - e) B and C
 - f) A, B, and C
 - g) None of the above

3. Pelvic pain does not present before the 2nd trimester of pregnancy:
 True False

4. The pelvic floor plays a key role in the following functions:
 - a) Bladder and bowel control
 - b) Supporting the uterus and bladder
 - c) Sexual appreciation
 - d) A and B
 - e) B and C
 - f) A, B, and C
 - g) None of the above

5. Pelvic pain can last for years after delivery
 True False

6. Physical Therapy can help pelvic floor pain in the following ways:
 - a) Medication
 - b) Core Strengthening
 - c) Biofeedback
 - d) A and B
 - e) B and C
 - f) A, B, and C
 - g) None of the above

7. 25% of women experience pelvic pain before or after pregnancy
 True False

Thank you for your participation!